



Explore Cape Cod National Seashore

VISITOR CENTERS

CAPE COD NATIONAL SEASHORE HAS TWO VISITOR CENTERS: SALT POND IN Eastham and Province Lands in Provincetown. Both centers have staff to assist visitors with orientation and trip planning, and stores featuring books, maps, puzzles, games, and other interpretive items provided by the park’s education partner, Eastern National.

Salt Pond Visitor Center: open daily from 9 AM to 4:30 PM (later during the summer). This visitor center offers magnificent views of Salt Pond, Nauset Marsh, and the Atlantic; an outstanding museum; and regularly-scheduled films shown in the theater. Restrooms are located below the visitor center in front of the amphitheater. The Nauset Marsh and Buttonbush trails and the Nauset Bicycle Trail are nearby. Location: off Route 6, Eastham. Telephone: 508-255-3421. ♿

Province Lands Visitor Center: open daily from 9 AM to 5 PM, May through October. Just two miles from the tip of the Cape in Provincetown, this center offers a small exhibit and regular showings of park orientation films. The observation deck offers 360-degree views of the Province Lands dunes, the Outer Beach, and the Atlantic. Restrooms are available in the parking area year round. Access to the Province Lands Bicycle Trail is nearby. Location: off Race Point Road, Provincetown. Telephone: 508-487-1256. ♿

WALKING AND HIKING SELF-GUIDING TRAILS

THERE ARE ELEVEN SELF-GUIDING TRAILS AT THE SEASHORE THAT ARE open year round: *in Eastham* - the Fort Hill, Red Maple Swamp, Buttonbush, Nauset Marsh, and Doane trails; *in Wellfleet* - the Atlantic White Cedar Swamp and Great Island trails; *in Truro* - Pamet Area, Small’s Swamp, and Pilgrim Spring trails; and *in Provincetown* - the Beech Forest Trail. Interpretive folders with information on natural and historic features are available at some trailheads. Trailside plant identification markers are referenced in the *Common Trailside Plants* guidebook on sale at visitor center bookstores.



Ranger-guided programs offer opportunities to explore and enjoy park resources in a variety of settings with knowledgeable staff.

Superintendent’s Message

WELCOME TO CAPE COD NATIONAL SEASHORE, HOME OF HEROES

People often tell me I have the “best job in the world!” I have to agree with them. Working for the National Park Service (NPS) has been an amazing experience providing service to visitors at our country’s natural wonders and special cultural places. Our national parks have been called “America’s best idea.” People I meet think it would be great to have the opportunity to be a ranger, especially at Cape Cod.

The truth is you don’t have to work for the NPS to protect the environment or save cultural landscapes or recreational opportunities for future generations.

This year I witnessed a number of community heroes in the Town of Wellfleet rally to the cause as they felt their community was threatened by McMansions taking over the landscape. They believed this would change the Cape Cod character within the Seashore District they thought was preserved by the establishment of the national seashore in 1961.

The seashore legislation envisioned a collaborative partnership between the NPS and local communities to manage zoning to achieve protection goals. In practice, however, structures were being built well beyond what seashore supporters and community representatives believed should be allowed.

Community members spent countless hours drafting arguments and zoning language, communicating their thoughts, attending meetings, hosting forums, and participating on town boards. The result of their effort was an overwhelming vote at a special town meeting in October 2008 to approve newly-drafted improved zoning standards.

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What’s Inside:

2 & 3 The Basics

- ❖ Visitor Services
- ❖ Beach Activities and Fees
- ❖ General Regulations
- ❖ Visitor Safety
- ❖ Park and Area Map with Lighthouse Locations

These pages provide general park orientation, brief descriptions of park features, and other useful information to enhance your visit to Cape Cod National Seashore.

4 to 8 Calendar of Events for July and August 2009

Ranger-guided programs are listed for July and August. Ask at visitor centers for seasonal schedules at other times of year.

9 Cultural Resources

Landscape of Memory or Historical Folly?
The Debate over George Higgins’ Whimsical Farmstead on Bound Brook Island, Wellfleet
by Park Historian William Burke


10 Natural Resources

The Piping Plover by Cape Cod National Seashore Chief of Natural Resources Management Carrie Phillips

11 Nature Guide

Heath Plants of Cape Cod National Seashore by Plant Ecologist Dr. Stephen Smith

12 Guide to Historic Buildings



National Park Service
U.S. Department of the Interior

Cape Cod National Seashore
99 Marconi Site Road
Wellfleet, MA 02667

Superintendent
George E. Price, Jr.

E-mail
Superintendent_CACO@nps.gov

Park Headquarters
508-771-2144

Fax Number
508-349-9052

Salt Pond Visitor Center
508-255-3421

Province Lands Visitor Center
508-487-1256

Race Point Ranger Station
508-487-2100

Oversand Information Line at Race Point Ranger Station
508-487-3698 or
508-487-2100 ext. 110
(March 15 through November 1)

Nauset Ranger Station
508-255-2112

North Atlantic Coastal Lab
508-487-3262

Web Site
www.nps.gov/caco

Emergencies
9 - 1 - 1

Visitor Services

CAPE COD NATIONAL SEASHORE’S 40 MILES OF PRISTINE OCEAN BEACH COVERING 44,000 ACRES makes it a premier destination for exploring natural and cultural features and enjoying recreational activities.

BIKING
THERE ARE THREE BICYCLE TRAILS UNDER THE care and maintenance of Cape Cod Na-tional Seashore: Nauset in Eastham (1.6 miles), Head of the Meadow in Truro (2 miles), and the Province Lands in Provincetown (loop trail 5.45 miles). Mas-sachusetts state law requires children 16 and younger to wear protective helmets when operating a bicycle or riding as a passenger. It is advisable that all riders, regardless of age, wear protective headgear to ensure a safe and enjoyable experience.

CAMPFIRE PERMITS
A LIMITED NUMBER OF CAMPFIRE PERMITS PER day, per seashore beach, may be reserved up to three days in advance in person, or by phone. Locations are: Salt Pond Visitor Center for Coast Guard, Nauset Light, and Marconi beaches, or Province Lands Visi-tor Center for Head of the Meadow, Race Point, and Herring Cove beaches. Fire permits for the Oversand Route are issued through the Oversand Station at Race Point. Permits are free and must be picked up at the reserving visitor center prior to 3:30 PM the day of the fire. Demand often exceeds the number of permits available.

ACCESSIBILITY
PARK TRAILS AT DOANE ROCK IN EASTHAM AND the Marconi Station Site in Wellfleet have been surfaced to accommodate wheelchairs. Large-print versions of official park publica-tions and the Buttonbush Trail are available for people with impaired vision. Park films have captions and audio descriptions (Salt Pond Visitor Center). Coast Guard and Herring Cove beaches provide accessible parking, restrooms, changing facilities, and beach wheelchairs. Herring Cove Beach has showers that accommodate wheelchairs.

PETS
CAPE COD NATIONAL SEASHORE REQUIRES THAT pets be controlled by a leash at all times. Specific areas where pets are prohibited, such as ponds, shorebird nesting areas, and lifeguard-protected beaches, are posted. Ask at seashore visitor centers or ranger stations about restrictions.

CAMPING
THE NATIONAL PARK SERVICE DOES NOT OPER-ATE a campground at Cape Cod National Seashore. Camping is available at private and state-operated facilities (see page 12). Overnight camping and parking within Cape Cod National Seashore are prohibited.

Superintendent’s Message *continued*

This success was due to the tireless work by citizens who felt a deep commitment to their community and a responsibility to protect the boundaries of the national seashore. Cape Cod is indeed fortunate to have citizens who come forward with their time, energy, and convictions to support the basic mission of national parks by preserving and protecting our natural and cultural resources for future generations while providing for the enjoyment of the same for current resi-dents and visitors.

Beyond community activism, countless Cape residents take time to support the national seashore as a volunteer or mem-ber of Friends of the Cape Cod National Seashore. Others volunteer at the Massa-chusetts Audubon Wellfleet Bay Wildlife Sanctuary, the Pilgrim Monument and Provincetown Museum, the Cape Cod Museum of Natural History Museum in Brewster, and town historical society museums up and down the Cape.

I encourage you to seek out volunteers as you visit and thank them as they assist you. Chat with them about their work and interests. You may even meet one of my Wellfleet heroes who fought to pro-tect their community character in a town thousands of visitors love to explore and enjoy.

You don’t have to wear a ranger hat to carry out the NPS mission where you live. You can become involved and make a difference, as we learned from the special folks here on Cape Cod.

George E. Price, Jr.
Superintendent

On the cover: Photograph of Coast Guard Beach, Eastham, by Ross Johnston. Ross Johnston is a photographer and a science teacher at Nauset Regional High School. He is also an interpretive park ranger at Salt Pond Visitor Center.

How to Reserve a Fire Permit:	Reserve on:	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
	For a fire on:	Wed	Thurs	Fri	Sat	Sun	Mon	Tues



Junior Ranger Program

Calling all children ages 5 to 12! Become a Cape Cod National Seashore Junior Ranger! Have fun exploring the seashore and investigating its special resources. Stop by Salt Pond or Province Lands Visitor Center to pick up free program materials. After completing the activities you will receive a Junior Ranger award. It usually takes about two days to complete the program.

For more Junior Ranger fun when you return home, check out “WebRangers” at www.nps.gov/webrangers. And remember to check out the Junior Ranger Progam at other national parks you may visit in the future!



Beach Activities and Fees

CAPE COD NATIONAL SEASHORE MANAGES SIX OCEAN BEACHES IN FOUR TOWNS: EASTHAM (COAST GUARD AND NAUSET LIGHT BEACHES), WELLFLEET (MARCONI BEACH), TRURO (HEAD OF THE MEADOW Beach), and Provincetown (Race Point and Herring Cove beaches). All national seashore beaches include the following facilities and services: showers, paved parking, restrooms, changing rooms, drinking water, water quality testing, and lifeguards (late June through Labor Day). Two beaches, Coast Guard in Eastham and Herring Cove in Provincetown, are accessible to persons with disabilities. Park staff have access to beach wheelchairs capable of traveling over sand that are available for loan.

Beach entrance fees are charged. Rates for the 2009 season are:

Daily Vehicle	\$15.00
Cape Cod National Seashore Season Pass	\$45.00
Interagency Pass (accepted at any National Park System area and other Department of Interior sites) *	\$80.00
Interagency Senior Pass (allows entry for those age 62 or older, U.S. citizen, permanent resident) *	\$10.00
Interagency Access Pass (allows entry for those legally blind or permanently disabled) *	FREE
* Photo ID required for pass usage.	

Fees are collected daily from late June through Labor Day at all six seashore beaches. Fees are also collected on weekends and holidays from Memorial Day to late June and after Labor Day through the end of September at Herring Cove, Race Point, Nauset Light, and Coast Guard beaches.

GENERAL REGULATIONS:

- Do not disturb natural or cultural features; they are protected by federal law.
- Glass containers, flotation devices (rafts, rubber tubes), snorkels, and masks are prohibited on lifeguard-protected beaches.
- Pets must be controlled by a leash at all times. Leashes may not exceed six feet. Pets are not permitted in public buildings, in picnic areas, on lifeguard-protected beaches, or on designated nature trails.
- Public nudity is prohibited.
- No license is required for saltwater fishing. A state license is required for freshwater fishing.
- Town licenses for shellfishing are required. Regulations and fees vary by town.
- Surfing and windsurfing are permitted in waters outside lifeguard-protected areas.
- Possession or use of metal detectors is prohibited.

- Permits are required for all beach fires. They may be obtained on a first-come, first-served basis at Salt Pond Visitor Center in Eastham, the Province Lands Visitor Center in Provincetown, and the Oversand Station at Race Point. Do not bury coals.
- Sand collapses easily. Climbing steep slopes or digging deep holes above knee level is hazardous and prohibited.

OVERSAND PERMITS

PERMITS FOR DRIVING ON SEASHORE OVERSAND ROUTES ARE REQUIRED AND AVAILABLE FOR PURCHASE at Race Point in Provincetown. Bird nesting activity may require some route closures during the spring and summer. Call 508-487-2100 for general information (ext. 110, March 15 through November 1). Call 508-487-3698 for route closure information.

Park and Local Area Map

Rules of the Road

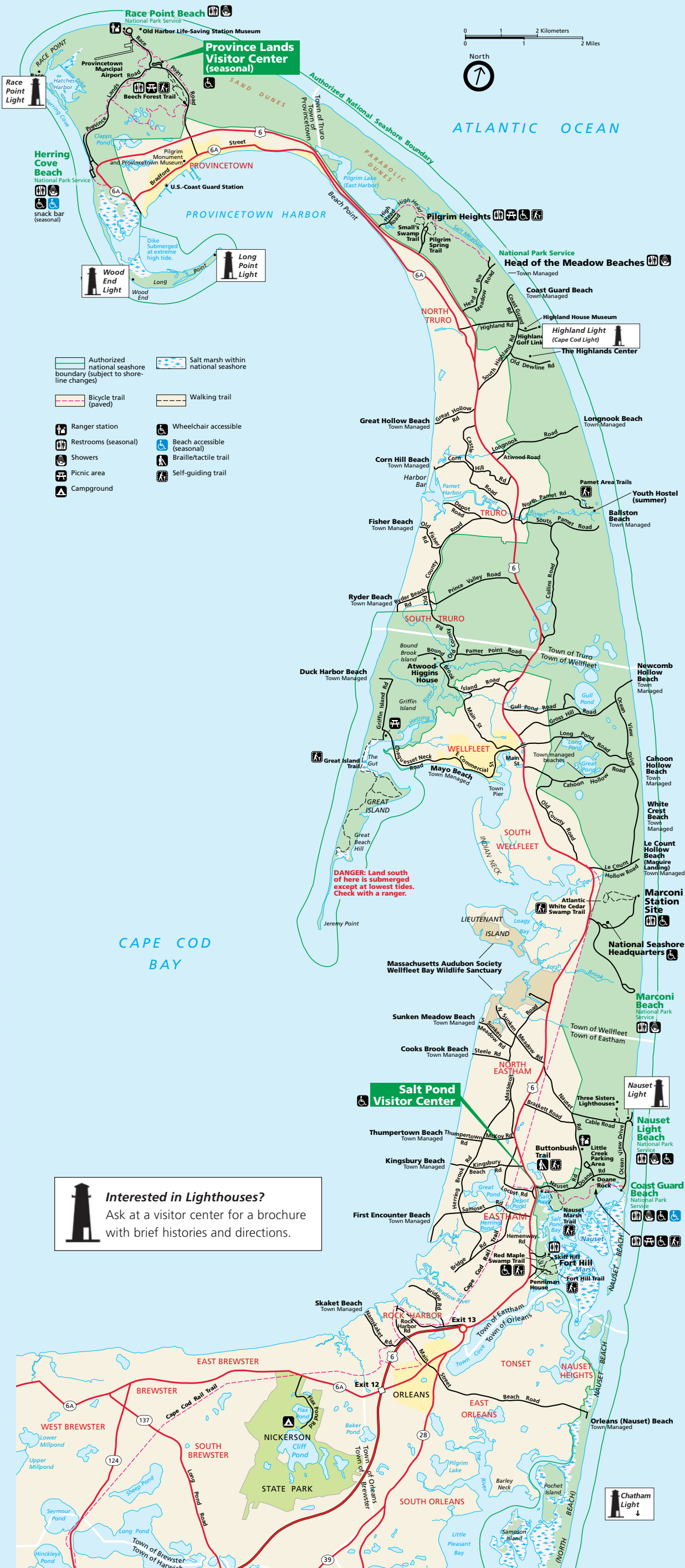
MOTORIST WARNING

Wear your seat belt. It's the LAW. Massachusetts state law provides pedestrians the right of way in a cross walk. Be aware of pedestrians, bicyclists, and other park users, and share the road.



Visitor Safety



BE SAFE! OBSERVE THE FOLLOWING SUGGESTIONS:

- ◆ **Bicycle Safety**
Bicycle accidents injure more people each year at the seashore than all other activities combined. Please stay alert and ride safely.
 - **BIKE SAFETY STARTS WITH HELMETS.** Regardless of age, all riders are urged to wear protective headgear. Massachusetts state law requires children 16 and younger to wear protective helmets when on a bicycle, even if only a passenger.
 - Take time to fit your helmet properly – snug and level on your head.
 - Test ride your bike to check brakes, seat, and handlebar settings.
 - Trail conditions vary. Stay alert for sharp curves, steep hills, and sand-covered sections.
 - Keep an eye out for park volunteers on bike patrols this summer and show them you care about safety and are a safe rider.
 - Ask at visitor centers for other ways to stay safe while biking at Cape Cod National Seashore.
- ◆ **Beach Safety**
 - Rip currents and undertow are common dangerous conditions along ocean beaches. Stay safe by swimming in lifeguard-protected areas and closely supervise your children at all times.
- ◆ **General Safety**
 - Use sunscreen to avoid sunburn. Use a waterproof sunscreen if you intend to go swimming.
 - Take precautions to avoid contact with insects. Deer ticks may carry Lyme disease. Mosquitoes may carry encephalitis or the West Nile virus. Browntail moth “tents” cause skin irritation. Stay on trails, out of tall grasses, and inspect clothes and skin. Use repellent and wear proper clothing.
 - Poison ivy is prolific in many locations. The rash it produces can cause severe discomfort. “Leaves of three, let it be.”
 - In summer, be alert for heavy traffic, bicycles, and pedestrians on roadways.
 - Hunting is permitted from September through February at many locations in the seashore. Check the park’s website at www.nps.gov/caco, or ask at visitor centers or ranger stations for current information.



RANGER-LED ACTIVITIES, JULY AND AUGUST 2009

-  Denotes activities that are accessible with minor assistance. Contact park staff if you have questions about accessibility.
-  Long pants (shorts for canoe trips), appropriate footwear, hats, sunscreen, bug spray, and water are recommended for outdoor activities.

-  Denotes activities especially suited for families with children.
-  Denotes National Park Service Ocean Park Stewardship programs aimed at improving awareness and protection of marine resources.

SPECIAL PROGRAM AND RESERVATION POLICY

FEE PROGRAMS:












- Canoe trips cost \$20 per adult, \$14 per child 16 and under.
- Salt Pond Paddle trips cost \$17 per adult, \$12 per child 16 and under.
- Surfcasting lessons cost \$15 per person.
- Tickets are non-refundable, available in advance, and must be purchased either in person at visitor centers, or by phone with a credit card, prior to 4:30 PM daily.
- Canoe experience is MANDATORY for all but Salt Pond Paddle trips due to currents and winds.
- Minimum age is 6 for canoe trips and 12 for surfcasting.
- All equipment is provided unless otherwise noted.
- You may have to wade and assist with moving equipment during canoe programs.
- Wear shoes (required) that can get wet.















RESERVATION POLICY:











- All programs requiring reservations may be reserved no more than seven days in advance.









Salt Pond Visitor Center, Nauset Road, off Route 6, Eastham, 508-255-3421

Province Lands Visitor Center, Race Point Road, off Route 6, Provincetown, 508-487-1256

EASTHAM AND WELLFLEET PROGRAMS		SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CANOEING: SALT POND PADDLE Sundays and Mondays at 9 AM and 3 PM. Tuesdays at 11:30 AM and 5 PM. Wednesdays at 3 PM. Fridays at 9 AM. 1½ hours, 1½ miles. Fee required. 	Take a leisurely paddle in the protected waters of Salt Pond and nearby area of Nauset Marsh in Eastham to explore the beauty and significance of this awe-inspiring place. By RESERVATION ONLY. CALL SALT POND VISITOR CENTER, 508-255-3421 TO REGISTER. SEE SPECIAL PROGRAM AND RESERVATION POLICY ABOVE.	•	•	•	•		•	
CANOEING: CANOE ADVENTURE Tuesdays, times vary. Thursdays and Saturdays at 9:30 AM. Up to 3 hours, 3 miles. Fee required. 	These trips may explore Nauset Marsh, kettle ponds or a bay, or may focus on a specialized topic. Locations and topics vary. By RESERVATION ONLY. CALL SALT POND VISITOR CENTER, 508-255-3421 FOR A LIST OF PROGRAM TOPICS, DETAILS, AND TO REGISTER. SEE SPECIAL PROGRAM AND RESERVATION POLICY ABOVE.			•		•		•
FAMILY PROGRAM: SHELLFISHING DEMONSTRATION Times vary. 1 hour. Free.  	Learn about local shellfish and the tradition of shellfishing. Suitable for children 6 years of age and up. Adults must stay with children. Wear shoes that can get wet. Meet at Salt Pond Visitor Center, Eastham. July 5 - 7:30 AM; July 12 - noon; July 19 - no program; July 26 - noon; August 2 - 5:30 PM; August 9 - 11AM; August 16 - 4:30 PM; August 23 - 11 AM; August 30 - no program	•						
FAMILY PROGRAM: FISH, SNAILS, AND HORSESHOE CRAB TALES Meeting time and location varies. 1 hour, ½ mile. Free.  	Use seine nets to explore the undersea world of the seashore. Learn about the interesting plants and animals that live here. Wading is encouraged, and shoes are required. Check in 15 minutes early to confirm reservation. By RESERVATION ONLY. CALL SALT POND VISITOR CENTER, 508-255-3421 TO REGISTER. SEE SPECIAL PROGRAM AND RESERVATION POLICY ABOVE. Saturday and Sunday programs at 10:30 AM, meet at the Great Island parking area, Wellfleet. Mondays, Wednesdays, and Fridays at 1:30 PM, meet on the terrace at Salt Pond Visitor Center, Eastham.	•	•		•		•	•
WALK: TIDAL FLATS FORAY Times vary. 1½ hours, 1 mile. Free.  	Explore the Cape Cod Bay tidal flats and examine life found there. Wear shoes that can get wet while wading. Meet at the Great Island parking area, Wellfleet. Tuesdays: July 7 - 5:30 PM; July 14 - 9 AM; July 21 - no program; July 28 - 9:30 AM; August 4 - no program; August 11 - 8 AM; August 18 - no program; August 25 - 9 AM. Fridays: July 3 - 1:30 PM; July 10 - 6:30 PM; July 17 - 11:30 AM; July 24 - 6 PM; July 31 - noon August 7 - 5:30 PM; August 14 - 10:30 AM; August 21 - 4:30 PM; August 28 - 10:30 AM.			•		•		
WALK: SEARCHING FOR BIRDS 7 AM 2 hours, distance varies. Free.	Join a skilled birdwatcher at various sites in the park for bird identification and observation. Bring binoculars if you have them. Meet at Salt Pond Visitor Center, Eastham, to caravan to selected sites.			•				
BEGINNING SURFCASTING LESSON 7 AM 1¾ hours. Fee required.  	Learn the basics of saltwater fishing and practice the skill, but don't expect to bring home supper! Meet at the Coast Guard Station, Coast Guard Beach, Eastham. By RESERVATION ONLY. CALL SALT POND VISITOR CENTER, 508-255-3421 TO REGISTER. SEE SPECIAL PROGRAM AND RESERVATION POLICY ABOVE. * Accessible with assistance. Please notify Salt Pond Visitor Center in advance.					•		
YOGA ON THE BEACH 7:30 AM 1¼ hours. Free.	Stretch the body and the spirit in the serenest of settings. Join a ranger and certified yoga instructor for an all-level, interdisciplinary-style class held in the cool morning air at beautiful Coast Guard Beach. Meet in the parking area at Coast Guard Beach, Eastham. By RESERVATION ONLY. CALL SALT POND VISITOR CENTER, 508-255-3421 TO REGISTER. SEE SPECIAL PROGRAM AND RESERVATION POLICY ABOVE.							•
CANOE TRIP: GULL POND 8 AM 2½ hours, 1 to 2 miles. Fee required.	Enjoy the early morning calm of a kettle pond while exploring its diverse plant and animal life. By RESERVATION ONLY. CALL PROVINCE LANDS VISITOR CENTER, 508-487-1256 TO REGISTER. SEE SPECIAL PROGRAM AND RESERVATION POLICY ABOVE.						•	
EXPLORE YOUR PARK 9 AM up to 3½ hours, 3½ miles. Free.	Join an experienced park ranger and explore the beauty and variety of park destinations, resources, or stories. Participants must be good walkers. Dress for the weather. Bring water, sunscreen, and bug spray. By RESERVATION ONLY. CALL SALT POND VISITOR CENTER, 508-255-3421 FOR PROGRAM DETAILS AND TO REGISTER. SEE SPECIAL PROGRAM AND RESERVATION POLICY ABOVE.			•				
DEMONSTRATION: SURF RESCUE 10:30 AM ½ hour. Free. 	Join a lifeguard for a surf rescue demonstration on the beach and learn how to stay safe while swimming in the ocean. Meet at the head lifeguard stand at Marconi Beach, Wellfleet. BEACH FEES APPLY.		•					
WALK: WALKING WITH AUTHORS 10:30 AM 1 hour, 1 mile. Free.	Join local author Dana Eldridge and stroll the edge of Nauset Marsh while viewing Cape Cod through the eyes of some of the area's most beloved authors. Meet on the terrace at Salt Pond Visitor Center, Eastham. By RESERVATION ONLY. CALL SALT POND VISITOR CENTER, 508-255-3421 TO REGISTER. SEE SPECIAL PROGRAM AND RESERVATION POLICY ABOVE. No program July 11.							•

Eastham and Wellfleet Programs		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
WALK: WEATHERING EXTREMES 10:30 AM 1½ hours, 1½ miles. Free.	Explore the moors, or heathlands, that thrive along the coastal banks high above the ocean and the bay. See how plants are adapted to their habitats and discover why these places are globally rare. Meet at the far end of Marconi Station Site parking area, off Route 6, Wellfleet.			●				
ATWOOD-HIGGINS HOUSE T = Tour, 11 AM, 1 hour. OH = Open House, 1 to 3 PM. Free.  *	Learn about early 18th-century Cape Cod architecture and one of the Outer Cape’s early colonial settlement sites. TOUR, BY RESERVATION ONLY. CALL SALT POND VISITOR CENTER, 508-255-3421 TO REGISTER. SEE SPECIAL PROGRAM AND RESERVATION POLICY ABOVE. OPEN HOUSE, browse through. <i>Directions:</i> Take Route 6. Turn onto Pamet Point Road in Wellfleet, at the Truro town line, follow signs. * <i>Accessible with assistance. Please notify Salt Pond Visitor Center in advance.</i>				T	OH		
CAPTAIN PENNIMAN HOUSE: A WHALING FAMILY’S STORY T = Tour, 11 AM, 1 hour. OH = Open House, 1 to 4 PM. Free.	Learn about the Penniman family through a tour of their home and stories of their travels. Examine some of the hardships, adventures, and lifestyle of a whaling family. TOUR, BY RESERVATION ONLY. CALL SALT POND VISITOR CENTER, 508-255-3421 TO REGISTER. SEE SPECIAL PROGRAM AND RESERVATION POLICY ON PAGE 4. OPEN HOUSE, browse through. Meet at the Penniman House at Fort Hill, Eastham. Limited parking.		T	OH	OH	OH		T
FAMILY PROGRAM: SEASHORE SERENDIPITY 1 PM ½ hour. Free.  	Meet on the terrace at Salt Pond Visitor Center in Eastham for a ranger’s choice activity or demonstration. Explore any one of the interesting topics associated with Cape Cod National Seashore critters and history. Check at the information desk for program details.		●		●		●	
SNORKEL ADVENTURE 1:30 PM 2 hours. Free.	Explore the amazing underwater world of Cape Cod waters and witness a fresh or salt-water ecosystem firsthand. BY RESERVATION ONLY. CALL PROVINCE LANDS VISITOR CENTER, 508-487-1256 FOR LOCATION AND TO REGISTER. SEE SPECIAL PROGRAM AND RESERVATION POLICY ON PAGE 4. ALL EQUIPMENT PROVIDED. MINIMUM AGE 10. EXPERIENCED SWIMMERS ONLY.		●					
FAMILY PROGRAM: TREATS FOR TOTS 2 PM ¾ hour. Free.  	Children, bring your parents to Salt Pond Visitor Center to hear some savory seashore stories or participate in some fun hands-on activities about critters that live here in Cape Cod National Seashore. Geared for young children.		●		●		●	
WALK: CAMP WELLFLEET GONE BUT NOT FORGOTTEN 2:30 PM 1½ hours, 1 mile. Free.  *	Walk around the grounds where Camp Wellfleet once stood and discuss the history and some stories associated with this WWII-era military base. Meet in front of the Cape Cod National Seashore headquarters building, Wellfleet. <i>Directions:</i> Follow the signs from the Marconi Area turnoff on Route 6 in South Wellfleet. * <i>Accessible with assistance. Please notify Salt Pond Visitor Center in advance.</i>					●		
WALK: FORT HILL: WINDOW INTO THE PAST 2:30 PM 1½ hours, 1½ miles. Free.  *	Discover some of the stories that archeology helps uncover. Learn about the history of the various people who inhabited the lands at Fort Hill and around Nauset Marsh in past centuries. Meet at Hemenway Town Landing (one road north of Ft. Hill off Route 6), Eastham. * <i>Accessible with assistance. Please notify Salt Pond Visitor Center in advance.</i>	●						
WALK: LORE OF NAUSET MARSH 3 PM 1 hour, 1 mile. Free.	Learn about the rich natural and human history around Nauset Marsh. Learn how each has affected the other through time. Meet on the terrace at Salt Pond Visitor Center, Eastham.					●		●
FAMILY PROGRAM: OPERATION: EXPLORE! 3:30 PM 2 hours. Free.  * 	Calling all future rangers, ages 8 to 13! Develop skills for adventures in the great outdoors, by attending any or all of the fun activities, including orienteering, campcraft, and survival skills, and “Cape Cod NSI” (Nature Scene Investigators). Meet at Salt Pond Visitor Center, Eastham. Parents must remain with children. BY RESERVATION ONLY. CALL SALT POND VISITOR CENTER, 508-255-3421 TO REGISTER. SEE SPECIAL PROGRAM AND RESERVATION POLICY ON PAGE 4. * Accessible with assistance. Please notify Salt Pond Visitor Center in advance.					●		●
WALK: SHORELINE STROLL 4 PM 1 hour, 1 mile. Free.	Explore forest, marsh, dunes, and bay habitats and discover how they work together to create a dynamic coastal barrier system known as the Great Island “gut.” Meet at the Great Island parking area, Wellfleet.	●					●	
TOUR: THREE SISTERS LIGHTHOUSES 5 PM 1 hour, ½ mile. Free. 	These 19th-century lighthouses once provided a beacon for sailors off the shore of Nauset Light Beach. Learn of their history and importance. Meet at the northeast corner of Nauset Light Beach parking area, Eastham.	●		●				
INTERMEDIATE SURFCASTING LESSON 5 PM 2 hours. Free.  	Join a classroom session at Salt Pond Visitor Center in Eastham to discuss surfcasting equipment, lures, use of tackle, species of fish, and best surfcasting locations. (This program is not for beginners. Prior surfcasting experience required.) BY RESERVATION ONLY. CALL SALT POND VISITOR CENTER, 508-255-3421 TO REGISTER. SEE SPECIAL PROGRAM AND RESERVATION POLICY ON PAGE 4. Offered July 19, August 16 and 30 only.	●						
CAMPFIRE: NAUSET LIGHT BEACH 7:30 PM in July, 7 PM in August 1½ hours, ½ mile. Free. 	Join an evening of fun around the campfire and learn about the special natural and historical resources of Cape Cod. Meet at Nauset Light Beach, Eastham.		●		●			
WALK: NIGHT WALK AT THE SHORE 8:30 PM in July, 8 PM in August up to 1½ hours, 1 mile. Free. 	Experience the changing world of the seashore from dusk to dark while taking in the sights, signs, and sounds of the beach. Meet at the bathhouse at Coast Guard Beach, Eastham. BY RESERVATION ONLY. CALL SALT POND VISITOR CENTER, 508-255-3421 TO REGISTER. SEE SPECIAL PROGRAM AND RESERVATION POLICY ON PAGE 4.						●	
TUESDAY NIGHTS AT SALT POND VISITOR CENTER 7 PM 1 hour. Free.	Subject specialists, authors, and performing artists present a variety of programs throughout the summer. Check for details on page 8 in this program guide.			●				

Truro and Provincetown Programs							Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CANOE ADVENTURE: RANGER’S CHOICE Times vary. Program duration and mileage vary. Fee required.		These canoe trips offer a variety of scenic adventures. Time varies each week to take advantage of cool mornings, colorful sunsets, or the light of the moon. Trips may require strong paddling experience and may include a hike. Locations vary. By reservation only. Call Province Lands Visitor Center, 508-487-1256 to register. See Special Program and Reservation Policy on page 4.											
WALK: TIDAL FLATS FORAY Times vary. 1½ hours, ½ mile. Free.	 	Get your feet wet as you explore the abundance and diversity of life in an intertidal zone in Provincetown. By reservation only. Call Province Lands Visitor Center, 508-487-1256 for location and to register. See Special Program and Reservation Policy on page 4. No program July 4, August 8, and 22.											
THE SEASHORE NEVER SLEEPS Times vary.		Explore the seashore on its own time and enjoy some of its most stunning moments that occur between sunset and sunrise. Canoe trips are 3 hours, hikes are 2 to 3 hours and cover 2 to 4 miles. See program list on page 7. By reservation only. Call Province Lands Visitor Center, 508-487-1256 for details and to register. Fee required for canoe trips. See Special Program and Reservation Policy on page 4.											
HIKE: EXPLORING THE HIDDEN CAPE 8 AM 2 hours, 3 to 5 miles, strenuous. Free.		Wake up early and join us for an energetic hike off the beaten path and into some unique and secluded places. This hike is paced for a cardiovascular workout and may be strenuous. Locations vary weekly. By reservation only. Call Province Lands Visitor Center, 508-487-1256 for location and to register. See Special Program and Reservation Policy on page 4. No program July 18.											
WALK: TOUR OF THE TOWN 9:30 AM 1½ hours, 3 miles. \$10 per person.		\$10 per person includes admission to Pilgrim Monument and Provincetown Museum. Explore Provincetown’s history on a walking tour co-sponsored and presented by the National Park Service and the Pilgrim Monument and Provincetown Museum. By reservation only. Call Pilgrim Monument and Provincetown Museum, 508-487-1310 for meeting location and to register. See Special Program and Reservation Policy on page 4.											
SCAVENGER HUNT: THE AMAZING RACE - PROVINCETOWN 9:30 AM 1 to 1½ hours, 2 miles. Fee required*		Discover Provincetown’s history one clue at a time. As you race against time to win the grand prize, experience the town’s unique treasures and best kept secrets. Wear comfortable shoes. Meet the ranger at the Pilgrim Monument parking area. * Admission fee charged for the Pilgrim Monument will be from \$3.50 to \$7.00 depending on group size. \$10 parking fee is refunded for stays shorter than 2 hours. By reservation only. Call Province Lands Visitor Center, 508-487-1256 to register. See Special Program and Reservation Policy on page 4.											
FAMILY PROGRAMS 10 AM Program duration varies. Free.		These engaging daily programs introduce young visitors to the seashore’s nature and history. Locations and target age vary. Some programs require reservations. Call Province Lands Visitor Center, 508-4787-1256, no more than 7 days in advance. Parents must remain with children.											
Sundays: Hands-On Squid - 1½ hours, age 8 to 12. Investigate the fascinating anatomy and life history of this squishy mollusk! Meet at Province Lands Visitor Center, Provincetown. Reservation required, space is limited.													
Mondays: Small Fry Special - ½ hour, age 3 to 8. Stories, songs, games, and outdoor exploration. No reservation required. Meet at Province Lands Visitor Center, Provincetown. 													
Tuesdays: Operation: Explore! - 1½ to 2 hours, age 8 to 13. Learn about creatures of the not-so-deep, orienteering, campcraft, or survival skills. Topics vary by week. Reservation required.													
Wednesdays: The Life-Savers - 1 hour, age 8 to 12. Learn maritime skills of the men who saved lives off the “Graveyard of the Atlantic” in the early 1900s. No reservation required. Meet at Old Harbor Life-Saving Station, Race Point Beach, Provincetown. Beach fees apply.													
Thursdays: Lifeguard Demonstration - ½ hour, all ages. Join a lifeguard for a surf rescue demonstration on the beach and learn how to stay safe while swimming in the ocean. No reservation required. Meet at the head lifeguard stand at Race Point Beach, Provincetown.													
Fridays: Junior Artist - ¾ hour, age 8 to 12. Create your own work of visual or written art. Reservation required. Meet at Province Lands Visitor Center, Provincetown. 													
Saturdays: Tracking - 1 hour, 1 mile in soft sand, age 8 to 15. Be a wildlife detective by exploring animal tracks and sign. No reservation required. Meet at Province Lands Visitor Center. <i>No program August 21 or 28.</i>													
WALK: PROVINCE LANDS DUNES AND BOGS Saturday, 2 PM Sunday, 10 AM and 2 PM 1 hour, 1 mile in soft sand. Free.		Explore an enchanting dune landscape of unusual plants and wild cranberry bogs. Discover the hidden story of America’s oldest public lands and how actions by enterprising settlers changed this landscape. Meet at Province Lands Visitor Center, off Race Point Road, Provincetown.											
MULTIMEDIA PRESENTATION: THE HIDDEN LIFE OF CAPE COD NATIONAL SEASHORE 2 PM ¾ hour. Free.	 	Dive into the exciting world of colorful creatures beneath the ocean’s surface. Learn how connected we are to the national seashore’s hidden marine realm. Province Lands Visitor Center auditorium, off Race Point Road, Provincetown.											
WALK: TRURO’S COLD WAR PAST 2 PM 1½ hours, ¾ mile. Free.		Tour the former North Truro Air Force Station. Learn about the role the area played in our Cold War past and the exciting plans for the station’s future as the Highlands Center. <i>Directions:</i> Take Route 6 to Cape Cod (Highland) Light exit in Truro. Travel past the turn to the lighthouse. Turn left onto Old Dewline Road. Meet in the parking area.											
WALK: DUNES OF HIGH HEAD 3:30 PM 1½ hours, 1½ miles. Free.		Explore the High Head area, where dune ponds and heathlands overlook scenic East Harbor. Find out about restoration efforts and the changing ecosystem of East Harbor and why this body of water went from being a harbor to a lake and then back to being a harbor. Meet at the pavilion at the Pilgrim Springs parking area in North Truro to caravan to the program site.											
WALK: TRURO HIGHLANDS HISTORIC DISTRICT 4 PM ½ hour, ½ mile. Free.		Enjoy ocean vistas on this easy walk from the towering Highland cliffs where for centuries Cape Cod’s oldest lighthouse has served as a beacon for mariners and tourists alike. <i>Directions:</i> Take Route 6 to the Highland Road exit in Truro and follow signs for Cape Cod (Highland) Light. Meet in the parking area.											

TRURO AND PROVINCETOWN PROGRAMS		SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
OPEN HOUSE: OLD HARBOR LIFE-SAVING STATION 2:30 to 5 PM Free.  	Built in 1898, Old Harbor is the last intact lifesaving station of the original 13 built on Cape Cod. The station has been extensively rehabilitated and restored, and there are exciting plans to furnish it with exhibits. Browse through, learn about its storied past, and view rescue equipment. Park at Race Point Beach in Provincetown and take the short walk to Old Harbor. BEACH FEES APPLY.	●	●	●	●	●	●	
HIKE: ART IN THE DUNES 4 PM 3 hours, 2½ to 3 miles in loose sand. Free.	On this long hike into the Province Lands dunes, view firsthand the quality of light, natural environment, and isolation that have long attracted artists and writers to Provincetown. Meet an artist-in-residence at a dune shack. BY RESERVATION ONLY. CALL PROVINCE LANDS VISITOR CENTER, 508-487-1256 FOR MEETING LOCATION AND TO REGISTER. SEE SPECIAL PROGRAM AND RESERVATION POLICY ON PAGE 4. SPACE IS LIMITED.		●					
HISTORICAL REENACTMENT: BEACH APPARATUS DRILL 6 PM 1 hour. Fee required.  	Listen for the keeper’s command, “Open the boat room doors!” and return to the days of shipwrecks and lifesaving along Cape Cod shores. Watch uniformed surfmen fire a line from a cannon to a ship in distress and haul the victim to shore. This is our 30 th year reenacting this 1902 rescue drill. Takes place at Old Harbor Life-Saving Station, Race Point Beach, Provincetown. \$5 for adults; \$2 for seniors over 62 and children 7 to 17; children 6 and under are free.				●			
PHOTOGRAPHY WORKSHOP: LEAVE ONLY FOOTPRINTS, TAKE ONLY PICTURES 6:30 PM in July, 6 PM in August. 2 hours, up to 2½ miles. Free.	Join a ranger and semi-professional photographer for a sunset hike and photography workshop. Instruction and advice provided for capturing unique perspectives of the seashore. All levels and formats (digital or film) are welcome. Tripods recommended but not necessary. BY RESERVATION ONLY. CALL PROVINCE LANDS VISITOR CENTER, 508-487-1256 FOR MEETING LOCATION, AND TO REGISTER. SEE SPECIAL PROGRAM AND RESERVATION POLICY ON PAGE 4.		●					
CAMPFIRE: HERRING COVE BEACH 7:30 PM in July, 7 PM in August 1 hour. Free.  	Enjoy sunset on the beach and an evening of folklore and games around the campfire. Bring a beach chair or towel to sit on. Meet the rangers at the end of the right-hand parking area, Herring Cove Beach, Provincetown. <i>* Accessible with assistance. Please notify Province Lands Visitor Center in advance.</i>		●					
CAMPFIRE: BALLSTON BEACH 7:30 PM in July, 7 PM in August 1 hour, short walk in soft sand. Free. 	Join us for an evening of old-fashioned fun and games around a beach campfire. As dusk settles in and the stories get started, watch out for things that go bump in the night. Bring a beach chair or blanket to sit on and a flashlight. Meet at the Ballston Beach parking area at the end of South Pamet Road, Truro.					●		
STARGAZING: NIGHTTIME DISCOVERY 9 PM in July, 8:45 PM in August 1 hour. Free.	Open your senses and experience the beach at nighttime. On clear nights, lie back and learn basic astronomy and lore about the constellations as they emerge. Meet at the national seashore Head of the Meadow Beach parking area (not the town lot) in Truro. Bring a flashlight, blanket, bug spray, and binoculars if you have them. On cloudy nights, enjoy a beach hike instead.			●				
SUNDAY NIGHTS AT PROVINCE LANDS VISITOR CENTER 7 PM, 1 hour, free. 	Cape Cod is known for its dynamic natural and cultural resources, compelling stories, and opportunities for fascinating research. Join our subject specialists for one-hour programs that explore these aspects of the Outer Cape. Check for details on page 8.	●						

In the Field with a Park Specialist

Research and monitoring are key to providing the information needed for sound stewardship of the park’s natural and cultural resources. Join a park professional in the field to learn about some of our ongoing research projects, see how data are collected, and hear how the data are used to preserve and protect the Cape’s heritage.

Programs are free and involve walking. Participants should wear hats and bring water, sunscreen, and bug spray. Programs will be canceled in heavy rain.

An Overview of Tidal Restoration at East Harbor - Park Plant Ecologist Stephen Smith - Wednesday, July 8, 10 AM. *Duration:* 1 to 2 hours. *Conditions:* Wear long pants and either waders, old shoes, or hiking boots that can get muddy and wet. *Meeting location:* High Head Road dirt “parking area” just after turnoff from Route 6, North Truro. *Reservations required. Call 508-487-3262 ext. 104.* Explore part of East Harbor (the area around High Head Road) and learn about the past, present, and future efforts to restore this back-barrier lagoon and marsh system. Discussion will include invasive plants, salt marsh vegetation, seagrasses, macroalgae, estuarine fauna, hydrology, water quality, and more.

“Froggie Went A-Courtin:” The Use of Breeding Calls to Inventory and Monitor Frogs and Toads - Park Wildlife Biologist Bob Cook - Friday, July 10, 8 PM. *Duration:* 2 hours. *Conditions:* Moderate walking. Dress for evening temperatures and be prepared for biting insects (long sleeves and hats recommended). *Meeting location:* Beech Forest Trail parking area, off Race Point Road, Provincetown. No reservations required. Join park wildlife biologist Bob Cook and learn how nighttime surveys for calling frogs and toads are used to document the eight different species that live here and to monitor their occurrence and abundance.

A Fresh Look at an Old Property - Park Archeologist Frederica Dimmick and Park Historian William Burke - Wednesday July 22, 9 AM (rain date July 23). *Duration:* 2 hours. *Conditions:* short walk. *Meeting location:* Atwood-Higgins House, Wellfleet. No reservations required. Discover why historians have recently found significance in the 20th-century outbuildings adjacent to the 1730 Atwood-Higgins House and learn how archeological investigations have added to our knowledge of the “old house.” Find out how to lay out a grid for your own excavations at home and observe the art of note taking, field drawings, and plans.



THE SEASHORE NEVER SLEEPS



Coast Guard Station, Eastham (photo, Brenda R. Jones, Jones Photography)

Explore the seashore on its own time and enjoy some of its most stunning moments that occur between sunset and sunrise. Canoe trips are 3 hours, hikes are 2 to 3 hours and cover 2 to 4 miles. **FEE REQUIRED FOR CANOE TRIPS. OTHER PROGRAMS ARE FREE. BY RESERVATION ONLY. SEE SPECIAL PROGRAM AND RESERVATION POLICY ON PAGE 4. CALL PROVINCE LANDS VISITOR CENTER, 508-487-1256 FOR MEETING LOCATION AND TO REGISTER.**

July 1, 6:45 PM - Sunset Canoe Trip
July 8, 9 PM - Full Moon Hike
July 15, 5 AM - Sunrise Walk
July 22, 9 PM - Night Sky Explorations
July 29, 6:30 PM - Sunset Walk
August 5, 9 PM - Full Moon Canoe Trip
August 12, 9 PM - Perseid Meteor Shower Hike
August 19, 8:30 PM - Night Sky Explorations
August 26, 5:30 AM - Sunrise Walk

Technology-Based Programs



The Fort Hill Quest is a GPS-based information scavenger hunt of the Fort Hill area in Eastham. Download the coordinates and clue booklet from the seashore website, www.nps.gov/caco/planyourvisit/outdooractivities.htm, or pick up a free copy at Salt Pond Visitor Center in Eastham. Visitors must provide their own GPS units.

Cell phone tour stops are located throughout the seashore. Look for the green and brown “Dial and Discover Seashore Stories” signs at Salt Pond, Coast Guard Beach, Fort Hill, Province Lands Visitor Center, and the Marconi Site. Cell phone tour scripts are available at visitor centers for persons with hearing impairments. Visitors must provide their own cell phones.



TUESDAY NIGHTS AT
SALT POND VISITOR CENTER

All programs are at 7 PM, last about 1 hour, and are free to the public. *Sponsored by Friends of the Cape Cod National Seashore.* ♿

JULY 7 - MARINE INVASIVE SPECIES IN THE NORTHEASTERN UNITED STATES - Cape Cod National Seashore biologist Megan Tyrrell and Mary Carman of Woods Hole Oceanographic Institution will present a program about marine invasives. Discover sea squirts and other proliferating non-native marine species.

JULY 14 - AN INTRODUCTION TO SOUND IN THE SEA - Underwater sound is ubiquitous and can be used actively for underwater sensing. Kenneth G. Foote of Woods Hole Oceanographic Institution will describe the nature of underwater sound and present some prominent and lesser known applications that have changed or are changing the way we view the world.

JULY 21 - ONCE UPON A TIDE: SEA SONGS AND STORIES FOR THE FAMILY - Join “Stand-Up Chameleon” Jackson Gillman for a rollicking mix of interactive songs and stories that will delight and enchant all ages. For this show, he will draw on his fun and fishy repertoire from the sandy beach to the briny deep. **Additional presentation at Province Lands Visitor Center at 3:30 PM.**

JULY 28 - MARINE MAMMAL RESCUE AND RESEARCH - Misty Niemeyer and Peter Holster of IFAW/Marine Mammal Rescue and Research Program focus on the marine mammal strandings on our shores. Rescue procedures, research, and conservation practices will be highlighted during the presentation.

AUGUST 4 - WINDMILLS OF CAPE COD: THEIR GENIUS, MADNESS, HISTORY, AND FUTURE - Dan Lombardo, author of *Windmills of New England: Their Genius, Madness, History & Future* as well as other historical books on Cape Cod, will present a talk and slides about these icons of our landscape.

AUGUST 11 - MODERN SEA RESCUE - This multimedia presentation by a Coast Guard aviator from Air Station Cape Cod includes an overview of the history and mission of Coast Guard aviation in the Northeast as well as photos and video of aircraft and rescues.

AUGUST 18 - CAPTAINS, LIGHTHOUSES, AND LIFESAVERS - Award-winning local author Jim Coogan will share memorable tales on the maritime history of Cape Cod. In a land known as a “Graveyard of the Atlantic,” captains, lighthouses, and lifesavers, experienced both the harrowing and heroic.

AUGUST 25 - OUR WATER OUR WORLD - Deborah Cramer, author of *Great Waters: An Atlantic Passage* and visiting scholar at MIT’s Earth System Initiative, presents her new work, *Smithsonian Ocean: Our Water Our World*. Featuring some of the world’s finest marine photography, this work serves as the companion book to the new permanent Sant Ocean Hall at the National Museum of Natural History and beautifully reveals the ocean as Earth’s life-line. The presentation will be followed by a book signing.

SEPTEMBER 1 - CRANBERRIES 101: NEIGHBOR TO NEIGHBOR - Dawn Gates Allen of the Cape Cod Cranberry Growers will use a Powerpoint presentation to discuss the growing of cranberries and related educational and outreach efforts. Free cranberry samples!

ADDITIONAL SPECIAL PROGRAM
Sponsored by Friends of the Cape Cod National Seashore.

JULY 21, 3:30 PM - ONCE UPON A TIDE: SEA SONGS AND STORIES FOR THE FAMILY at PROVINCE LANDS VISITOR CENTER - Join “Stand-Up Chameleon” Jackson Gillman for a rollicking mix of interactive songs and stories that will delight and enchant all ages. For this show, he will draw on his fun and fishy repertoire from the sandy beach to the briny deep.

Facelift Underway for
Old Harbor Life-Saving
Station

For 110 years, the Old Harbor Life-Saving Station has been a sentinel on the shores of Outer Cape Cod. It has faced countless nor’easters, been threatened by erosion, and it even weathered the famous Storm of ’78 sitting on a barge in Provincetown Harbor. Since 1978 it has served as a lifesaving museum at Race Point Beach. Now it is the focus of a nearly half-million dollar rehabilitation project that will return it to its original condition as a building dedicated to saving lives along the “Graveyard of the Atlantic.”

Thanks to generous funding from the National Park Service (NPS) Centennial Initiative, the building has been extensively rehabilitated. Interior work began in July 2008. Seashore carpenters repaired wood molding and wainscoting details, patched floors, plastered walls, and restored missing features, such as shelves and lockers. Custom Copper and Slate Company performed other significant work, such as replacing wood shingle siding; repairing exterior doors, windows, sills, frames, and trim; repairing the roof and porch; and sanding and oiling the floors.

The project was carefully guided by the building’s historic structure report, which thoroughly documents all materials and building treatments during its period of significance, and by preservation professionals from the NPS Cultural Resource Center in Lowell, Massachusetts and seashore historian Bill Burke.

Additional good news is that Friends of the Cape Cod National Seashore has agreed to undertake a fundraising campaign for exhibits and furnishings. As the last intact lifesaving station of the original 13 built on Cape Cod, Old Harbor has a compelling story to share with future generations of seashore visitors.

SUNDAY NIGHTS AT
PROVINCE LANDS VISITOR CENTER

All programs are at 7 PM, last about 1 hour, and are free to the public. *Sponsored by Friends of the Cape Cod National Seashore.* ♿

JULY 5 - DOES IT REALLY RAIN TOADS, AND WHY DO SNAPPING TURTLES SNAP? Get the real story from Cape Cod National Seashore biologist Bob Cook about the life history, habitats, and behaviors of the 24 species of salamanders, frogs, toads, snakes, and turtles found here.

JULY 12 - SCIENCE OF THE DEEP: THE STEAMSHIP PORTLAND - The *Portland* and all hands were lost off Cape Ann during a storm in 1898. Deborah Marx, maritime archeologist for Stellwagen Bank National Marine Sanctuary, will present a program about the wreck and recent archeological investigations.

JULY 19 - TALES FROM THE SEA - From good old-fashioned yarns and sea chanteys to tall ships and great storms, historian Jim Coogan will share our salty Cape Cod heritage. A retired teacher, Jim has written seven books about Cape Cod and is a regular columnist for the Cape Cod Times.

JULY 26 - A PASSION FOR BIRDS, AN EDUCATIONAL AND COMIC PERFORMANCE WITH MASKS - This program uses masks to inspire an appreciation and understanding of the avian world. You’ll be captivated by Henry Lappen’s beautiful masks and comic portrayal of birds as you learn how animals adapt to their environment and why they look and act the way they do. *Supported in part by a grant from the Provincetown Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.*



AUGUST 2 - DOLPHIN COMMUNICATION: FACT AND FICTION - Join Laela Sayigh, Biology Department, Woods Hole Oceanographic Institution, for a fascinating look at dolphin communication, including current research, facts, and myths about these interesting whistling marine mammals.

AUGUST 9 - LITTLE-KNOWN FACTS AND STRANGE STORIES ABOUT THE OUTER CAPE’S HISTORY - Join Truro Historian Richard Whalen for stories about Englishmen in Truro even before the Pilgrims arrived in Provincetown Harbor; the topographical origin of Truro’s name 300 years ago; and how Cape Cod National Seashore almost didn’t happen.

AUGUST 16 - DRIFTING IN THE GULF STREAM - Floats and drifters tracked in the Gulf Stream reveal a great deal about the ocean. Phil Richardson, Physical Oceanography Department at Woods Hole Oceanographic Institution, discusses where the water comes from, where it goes, and what happens to it along the way.

AUGUST 23 - HATCHES HARBOR RESTORATION: 10 YEARS AND COUNTING! - About 10 years ago the seashore began restoring the tidal regime to Hatches Harbor salt marsh in Provincetown. Stephen Smith, plant ecologist at the national seashore, will discuss the dramatic effects on plants and fish, the results so far, and prospects for the future.

AUGUST 30 - PROTECTING WHALES AND SHIPS IN STELLWAGEN BANK NATIONAL MARINE SANCTUARY - A new ship-tracking technology, originally intended for vessel safety and homeland security, is finding application in whale conservation. Anne Smrcina, educator at Stellwagen Bank National Marine Sanctuary, will share these exciting discoveries.



Old Harbor Life-Saving Station, Race Point, Provincetown

PARTNER PROGRAMS

Friends of the Cape
Cod National Seashore

The Friends is a non-profit organization whose purpose is to enhance people’s enjoyment of the seashore through financial and volunteer support. www.fccns.org

Air National Guard Band of the Northeast, Free Concert - **FRIDAY, JULY 3 AT 7 PM, AT SALT POND VISITOR CENTER AMPHITHEATER, EASTHAM.** ♿

Old-Fashioned Patriotic Band Concerts - **THURSDAY, JULY 9 AT 7 PM, AT SALT POND VISITOR CENTER, EASTHAM; TUESDAY, JULY 14 AT 7 PM, AT PROVINCE LANDS VISITOR CENTER, PROVINCETOWN.** FREE concerts by the Lower Cape Concert Band performing a variety of music from show tunes to marches. ♿

Family Sunset Campfires and Sing Alongs - **MONDAY, JULY 6 AT 8 PM, AT RACE POINT BEACH, PROVINCETOWN; AND TUESDAY, AUGUST 4 AT 7:30 PM, AT NAUSET LIGHT BEACH, EASTHAM.** FREE. Enjoy an evening campfire on the beach with songs led by Cape Cod musicians Denya LeVine and Tim Dickey.

Outer Cape Chorale Chamber Singers - **THURSDAY, AUGUST 13 AT 7 PM, AT SALT POND VISITOR CENTER, EASTHAM.** FREE. Enjoy an evening of “Songs of the Sea” with this popular local group. ♿

Celebrate 300 Years of Truro
Sunday, July 19, join us at Highlands Center at Cape Cod National Seashore for **Truro’s Tercentennial Parade**. Themed “Truro Through the Ages,” the parade begins at 11 AM at Dutra’s Market and ends at Highlands Center. Post parade festivities will include: food and drinks; parade awards ceremony; introduction of guests from Truro, England; and activities by Highlands Center partners. *Enjoy the celebration of Truro’s 300th while learning about arts, science, and educational programming on site!* ♿

Directions: Take Route 6 to the Highland Light exit in North Truro. Go east on Highland Road. At the end, take a right onto South Highland Road. Approximately .6 miles, turn left onto Old Dewline Road to the Highlands Center at the end of the road.

A Decade of Service Recognized
Congratulations to AmeriCorps Cape Cod, the winner of the National Park Service Northeast Region’s George B. Hartzog Award for Outstanding Volunteer Group Service!

The Barnstable County AmeriCorps Cape Cod program is celebrating 10 years of providing quality service to the 15 towns on Cape Cod. AmeriCorps Cape Cod is a full-time residential service program that performs community service in the areas of natural resource management and disaster services. The national seashore has benefited from more than 30,000 hours of volunteer service over the past 10 years.

AmeriCorps Cape Cod is funded by Barnstable County and through grants from the Corporation for National and Community Service and the Massachusetts Service Alliance. Housing for members is provided by Barnstable County and Cape Cod National Seashore. For more information, visit this website: www.rdoac.org/ameriCorps; or call 508-375-6869.

Payomet Performing Arts Center
Now in its 11th season, Payomet continues to offer a broad range of theater, musical and film programs, as well as children’s programming throughout the summer. In honor of Truro’s Tercentennial, some performances will include events in Truro’s history. Check Payomet’s website for details: www.payomet.org ♿

Landscape of Memory or Historical Folly?

The Debate over George Higgins’ Whimsical Farmstead on Bound Brook Island, Wellfleet

By William Burke, Cape Cod National Seashore Historian

“History with its flickering lamp stumbles along the trail of the past, trying to reconstruct its scenes, to revive its echoes, and kindle with pale gleams the passion of former days.”

Sir Winston Churchill, tribute to Neville Chamberlain
House of Commons, November 12, 1940

Ninety years ago, George Higgins, a Brookline, Massachuestts, businessman, inherited his great grandparents’ home in a remote corner of Bound Brook Island in Wellfleet. The homestead included a 1730 Cape Cod-style house, now known as the Atwood-Higgins House, one of the oldest in the region.

Thomas Higgins, a fourth generation descendant of Richard Higgins, who was a pioneer settler at Plymouth and Eastham, had likely built the house.

Since 1873, the abandoned house had crept closer to complete ruin, enduring bouts of vandalism and windstorms.

Upon inheriting it, the 32-year-old George Higgins, fresh from Army service in World War I, was determined to not only save the house but to assemble a collection of out-buildings organized around a central barn-yard – his sentimental vision of a colonial-era homestead. His work spanned four decades and culminated with his donation of the property to the National Park Service in 1961. The debate over the property’s significance, however, began that year as well.



George Higgins in his first full season on Bound Brook (1920) working on the west side of the Atwood-Higgins House. (Cape Cod NS Archives)

From 1919 to 1961, Higgins made the trek from Brookline during the warmer months to restore the property. At first, poor roads made access to the island difficult, and he would come for one week at a time. By 1932, he began spending summers here.

As an amateur historian and disciple of the emerging Colonial Revival movement, he restored the house, purposely excluding modern amenities from the house and filling it with period antiques.

Employing a dedicated group of local carpenters and tradesmen, Higgins built a rustic barn (1924) to house a horse, a bunk room, and his vintage tool collection; a colonial-inspired guesthouse (1929)



George and Katherine Higgins (at center) with friends in front of the newly constructed New England Store and Post Office about 1948. The interior was complete with bunk room and study, store counter, post office boxes and a bar. By the early 1950s, the store was a popular stop on tours led by the Wellfleet Historical Society. (Cape Cod NS archives)

crafted from hand-hewn beams salvaged from an old barn on the island; a screened “summer house” (1936) situated on a knoll overlooking the Herring River to catch summer breezes; and most ambitious of all, a country store/post office (1948) modeled after one he often visited with relatives in North Pomfret, Vermont.

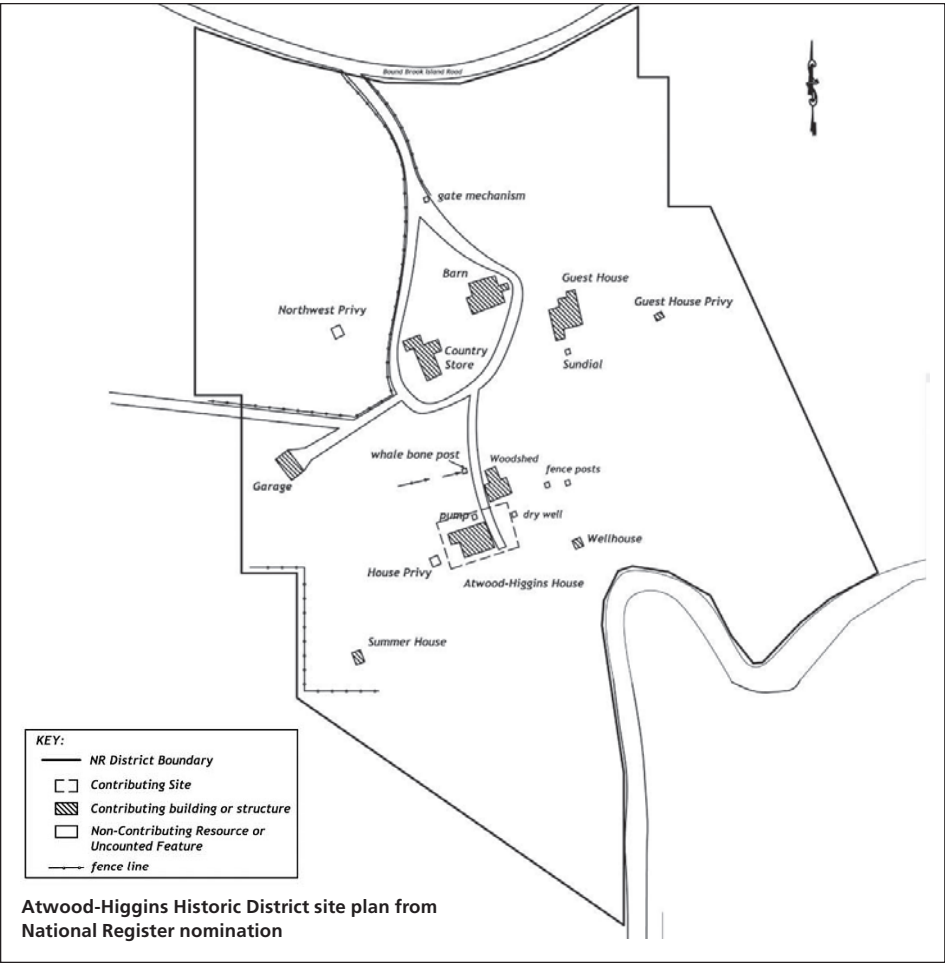
By the early 1950s, he had completed nearly a dozen structures, from working out-houses and a 1,500 gallon brick-lined water reservoir, to a renovated antique woodshed and a garage for his Model T Ford.

For Higgins, this seasonal retreat satisfied his yearning to reconnect to ancestral lands and a simpler past. Family and friends could stay in the primitive “old house” and utilize the outhouse or the new bathroom hidden in the adjacent woodshed, or they could stay in the guesthouse with all the modern amenities but enjoy the ambience of paint-spattered wide pine floors and wavy glass in the windows.

Higgins kept a journal to document his work, from oiling wood roofs and planting roses and fruit trees to salvaging old barn boards in New Hampshire and hunting for antiques to add to his 5,000-piece collection of Americana.



George Higgins’ work crew and cook pause for a photograph during work on the Atwood Higgins House in 1920. Higgins developed lifelong friendships with many of his hired help, most of whom lived locally. (Cape Cod NS archives)



After he donated his property and collection to the seashore, expectations were high that all of the buildings would be preserved as an historic site for public enjoyment. The seashore has continued to maintain the 1730 house and offer tours, but the 20th-century farmstead buildings have languished due to a perceived lack of significance. As a result of new historical research, however, there is renewed emphasis on preserving the buildings.

Historians have disagreed for years on whether Higgins was prominent enough, his architecture authentic enough, or the farmstead comparable enough to living outdoor museums of the day like Colonial Williamsburg (1926), Mystic Seaport Museum (1930), Sturbridge Village (1936), or Plimoth Plantation (1947). Higgins fails on all of these tests. What *does* make the Higgins farmstead worth saving is the simple fact that it represents an early and intact example of the Cape’s transition from industrial decline and remoteness to tourist destination.

Higgins’ seasonal residency foreshadowed the rebirth of the Outer Cape’s way of life.

Tourism and leisure were filling the void left by the declining fishing, whaling, and shipping industries. Since the 1870s, Wellfleet alone had lost over half its population, from a peak of 2,135 to only 826 in 1920. Yet in the years to come, with improved roads, heightened interest in historic preservation, and urbanites seeking an escape to the Cape’s newly-marketed quaint villages and natural beauty, “non-natives” would embark on the same pilgrimage that Higgins had made. People with means like George Higgins reclaimed family homesteads long neglected, while people from across the United States and abroad began enjoying the Cape’s new vacation economy, complete with cottage colonies, roadside motels, and lazy summer afternoons spent at the seashore.

Tours of the Atwood-Higgins complex and open houses occur seasonally throughout the year. Check the park’s website: www.nps.gov/caco for a current schedule of activities, or call Salt Pond Visitor Center at 508-255-3421.



Interior of Higgins’ barn circa 1959. Higgins filled it with antique tools and farm equipment. Note the large bellows on the wall and the sleigh. (Cape Cod NS archives)

A Field Guide to Piping Plover Conservation

by Carrie Phillips, Chief, Natural Resources Management



Piping plover chick and parent, photo by Steve Heaslip, courtesy of the Cape Cod Times

At Cape Cod National Seashore, our goals are to protect the park’s natural and cultural resources while providing visitors an opportunity to experience and enjoy them in a manner that leaves them unimpaired.

In the past, when Cape Cod was not so heavily populated or visited, it was relatively easy to balance these two goals. Now, as threats to sensitive resources have increased and intensified, we have had to increase and intensify our protection efforts to ensure that future generations will be able to enjoy a historic landscape, a delicate wetland, or threatened species such as piping plover.

Although the challenges of protecting piping plovers on our increasingly crowded and intensely-used beaches often make headlines, plover conservation measures are not publicized as well.

To understand how those oddly shaped cages and miles of string are bringing this little bird back from the threat of extinction, it is important to understand how plovers make a living and raise their young on Cape Cod’s beaches.

Piping plovers (*Charadrius melodus*) are small shorebirds that winter along the southeast coast of the United States. In the spring, they return to the Cape to establish territories and form pairs.

Starting in April and extending into summer, plovers build their nests and lay eggs above the high tide line, usually in front of the dunes. Their nests, called “scrapes,” are little more than shallow depressions scraped directly into the sand.

The female typically lays four eggs that the male and female take turns incubating. The eggs hatch in about 25 days, and within hours of hatching the tiny, downy chicks begin learning how to search for food.

Plovers feed by running and darting to catch insects, amphipods, and other invertebrates found on the surface of the sand and mudflats or living amidst the wrack deposited at the high tide line. Wrack (washed up seaweed and marshgrass) is rich in these invertebrates and is an important feature of natural beaches.

All stages of piping plover (adults, nests, chicks) are highly cryptic, blending into their surroundings to avoid detection by predators.

When predators (real or perceived) approach too closely, an adult will try to distract the predator by running down the beach dragging its wing, as if injured, or calling loudly. Although this behavior may prevent nests and chicks from being eaten, it leaves the eggs and chicks vulnerable to cold or overheating. For chicks especially, the stress of running for cover burns precious calories needed for growth and maturation. For more information on plover biology and some impressive photos, check out <http://www.nps.gov/caco/naturescience/the-piping-plover.htm>

Conservation Measures

Signs: Sharing the beach with plovers is easy if you know how. Signs inform visitors where they can go and how to enjoy the beach without threatening plovers or other sensitive resources. Please be alert to informational signs at seashore beaches.

Symbolic Fencing: The post-and-string fencing found along seashore beaches may be called “symbolic,” but its function is very serious: to prevent people from disturbing nests and chicks on the upper beach. Sometimes there is not enough room for pedestrians to pass without disturbing nesting plovers; in these cases you might see pedestrian detours or requests to move quickly through the area to minimize disturbance. Follow instructions on signs and in most cases you’ll be able to continue your walk without harm to plovers.

Exclosures: Despite the adaptations that make plover nests difficult to see, some predators have become very skilled at finding nests. Crows are particularly adept at finding plover eggs. Cages that allow adult plovers to move back and forth but don’t allow predators to enter are often placed over plover nests. While these predator exclosures have been very effective at increasing hatching rates, they can lose effectiveness as predators find ways to penetrate the caging. Consequently, you may see exclosures of different designs on seashore beaches as biologists try to stay a step ahead of predators.

Pet Restrictions: Park regulations have always required that dogs be on a 6-foot leash at all times (except when hunting).

Even when dogs are leashed, however, plovers perceive them as a threat, leave their nests or chicks, and engage in broken wing displays. Because of this, dogs are not allowed on beaches used by nesting plovers. But there are several miles of beach without plovers where people and their canine companions can enjoy a good walk during nesting season.

Kite Restrictions: Kites disturb plovers and cause predator distraction behaviors. It appears that plovers perceive kites as avian predators since their responses are similar to those observed when birds of prey fly near nests and broods. To prevent this type of disturbance, hand-held kite flying is prohibited within 200 meters of plover nests and broods. Kite-surfing, paragliding, and hang-gliding are also restricted along seashore beaches with nesting plovers.

Off-Road Vehicle (ORV) Restrictions: ORV use is restricted to a clearly defined ORV corridor in the north part of the park. Despite their sensitivity to kites, dogs, and pedestrians, incubating plovers are fairly tolerant of vehicles driving by. Unfledged plover chicks are extremely vulnerable to vehicles, however, because they are so difficult to see and, when threatened, often lay motionless in the sand. For this reason, ORVs are allowed through areas where plovers are incubating eggs, but they are prohibited when chicks are present.

Boat-landing Restrictions: The tips of spits like Jeremy Point, Wood End/Long Point, and Coast Guard Beach - Eastham were once visited mostly by small numbers of hikers willing to walk long distances. These nesting habitats were relatively free of human activity. More and more boaters, however, now land at these beaches and bring BBQs, food, radios, dogs, frisbees, and other gear. This increase in the amount, duration, and intensity of recreational activity disrupts plovers and other nesting shorebirds accustomed to the former, wilder environment. To minimize this source of disturbance, boat landing may be restricted in some areas.

It’s Not Just the Plovers

Least terns, common terns, and American oystercatchers also nest on seashore beaches and are protected by these conservation measures. In addition, migrating terns and shorebirds depend on the seashore’s beaches for food and rest as they accumulate fuel needed for their long

flight south. Disturbance that interrupts feeding or causes resting birds to fly off can disrupt these essential behaviors. Even when the nesting season is over, keeping your dog on leash and complying with dog restrictions is important to allow shorebirds to build up the fat reserves they need to make the flight to South America. If you see large flocks of terns or shorebirds in August and September, please enjoy them from a distance.

Making a Difference

There were fewer than 20 pairs of piping plovers nesting in the park when this species was listed as threatened by the US Fish and Wildlife Service in 1986. With protection and your cooperation, the park’s plover population has grown to an average of 81 nesting pairs per year over the past five years.



Piping plover nest (Cape Cod NS photo)

What you can do:

- ❖ Pay attention to signs and follow the instructions.
- ❖ Don’t feed wildlife or leave food scraps or trash on the beach; this attracts predators to nesting areas.
- ❖ Keep your dog leashed and comply with dog restrictions. There are plenty of areas you can walk the beach with your dog without disturbing plovers.
- ❖ Don’t set up your beach blanket at the edge of symbolic fencing. This fencing minimizes disturbance to nesting plovers from people walking by, but not from the prolonged presence of people. Set up several meters away from the posts and string or choose a section of beach without symbolic fencing.
- ❖ Be aware of park rules and regulations regarding boat landing, kite flying, and dogs. If you are uncertain, check at a park visitor center or the Oversand Office at Race Point Ranger Station.
- ❖ Plovers are fascinating! Check out the plover slide show at: <http://www.nps.gov/caco/naturescience/the-piping-plover.htm>
- ❖ Learn more about piping plovers and their conservation at: <http://www.fws.gov/northeast/pipingplover/recplan/index.html>
- ❖ Bring your binoculars and bird guide on your next beach walk. Enjoy the birds!



Learn more and “Do Your Part” at www.nps.gov/climatefriendlyparks.

Do things seem a little greener this year at Cape Cod National Seashore? We’re in our second year of the *Climate Friendly Parks* initiative, a National Park Service effort to address and minimize factors contributing to climate change. Cape Cod is feeling the effects in the form of sea level rise and impacts on local flora and fauna.

As our management goals continue to take shape, visitors can play a key role in the seashore’s efforts. Bring along a reusable water bottle (or purchase one at the park bookstore.) Give your trash a second chance by recycling beverage containers at bins around the park. Cut your carbon footprint by riding bikes, taking the Flex bus, and turning your car off instead of letting it idle. We’re all in this together!

Heathlands of Cape Cod National Seashore

by Dr. Stephen Smith, Plant Ecologist

Heathlands are open landscapes comprised mainly of low-growing shrubs and grasses with few or no trees.

Globally, coastal heathlands are rare ecosystems that support unique plant communities. In the northeast United States, the greatest concentration of rare plant species occurs in heathland areas.

Within the Cape Cod National Seashore, heathlands are important from both a cultural and natural resource perspective. They provide a connection to our past while offering extraordinary vistas that define the character of the Outer Cape. They also serve as an example of how humans and nature are intertwined.

Physical Characteristics

Heathland plant communities are regulated by their harsh physical environment. The soils of coastal heathlands on Cape Cod are very sandy, acidic, nutrient-poor, and well drained. Water can be very scarce at times, and only certain kinds of plants can withstand such conditions. Plant succession (the predictable sequence of plant community types that occur as bare ground develops into mature forest), however, will eventually win out over these stresses barring a disturbance such as a hurricane or fire that can periodically “re-set” the successional process.

In the absence of such a disturbance, soils become naturally conditioned over time to hold more nutrients and water and support more plant biomass (e.g., large trees) and different kinds of species. In this way, heathland eventually transitions into forest. This transition occurs at a more rapid pace along the inland edges of heathlands where the effects of salt spray, sand, and wind are diminished.

At the same time, heathlands are also being lost on their seaward side to erosion of the coastal bluffs. Thus, heathland communities are slowly being squeezed out of existence from both directions.

Characteristics and Adaptations

Heathland communities are dominated by woody shrubs in the family *Ericaceae*. They generally have simple, alternate leaves that are dark-green and shiny. Many species are evergreen, meaning that their leaves persist and remain functional throughout the year. Other species are deciduous, losing their leaves seasonally.

The flowers of most species are pollinated by insects such as bees and flies. The fruits are most commonly a multi-seeded berry, a single-seeded drupe, or a capsule.

Specialized structures on the seeds of some species provide food for ants. Ants collect the seeds and store them in their nests, later detaching the food bundles and discarding the seeds. This dispersal and burial of seed protects them from seed predators and intense fires, increases access to soil moisture, and helps the species expand.

Heathland plants have a number of adaptations that allow them to cope with acidic, nutrient-poor, dry soils. Waxy leaves with small surface area to volume ratios help to

conserve water by limiting evaporation. The plants are small and grow close to the ground. This protects them from wind and sandblasting. Slow growth conserves essential elements.

Heathland plants store carbohydrates in large underground root systems called rhizomes. This allows the plants to survive burial in sand. Many produce large seeds packed with nutrients that ensure successful establishment in harsh conditions.

Heathland plants also rely on mycorrhizal fungi, which live symbiotically with the roots and help the plants acquire mineral nutrients.

Heathland Indicator Plants

Ericaceous heathlands of the national seashore are found primarily along the coastal scarps of the Atlantic coast and the Great Island area facing Cape Cod Bay.

The dwarf shrub bearberry (*Arctostaphylos uva-ursi*) dominates a large proportion of these heathlands. Woolly beach heather (*Hudsonia tomentosa*) and broom crowberry (*Corema conradii*) are also prominent.

Scattered throughout infrequent sandy openings are lichens and various herbs/forbs, grasses, and sedges.

Pitch pine (*Pinus rigida*) tends to be the first tree species to colonize heathland habitat, eventually growing into woodlands with other shrubs like bear oak (*Quercus ilicifolia*), black huckleberry (*Gaylussaccia baccata*), Northern bayberry (*Morella pensylvanica*), and blueberry (*Vaccinium* spp.).

Pitch pines closer to the bluff often have a significant amount of salt spray damage, which results in browning of the foliage on the seaward side.

Some heathland areas are dominated by grasses instead of shrubs. These are also known as grassy heaths or sandplain grasslands. Grasses such as little bluestem (*Schizachyrium scoparium*), poverty grass (*Danthonia spicata*), and various panic grasses (*Dichanthelium* spp.) are the predominant ground cover. Beachgrass (*Ammophila breviligulata*) also occurs to varying degrees.

It should be noted, however, that beachgrass-dominated dune areas do not fall into the category of heathlands. Only two large areas of grasslands are found within the national seashore. These are at Fort Hill in Eastham, and at High Head/ Pilgrim Heights in North Truro, where, unfortunately, a large number of non-native grasses have also become established.

Identifying heathland plants



Reindeer lichen

Reindeer lichen (*Cladonia rangiferina*) - an extensively branched grayish/whitish lichen that can form large mats over the ground and grow up to 4 inches tall.



Bearberry

Bearberry (*Arctostaphylos uva-ursi*) - a low-growing shrub with paddle-shaped, leathery, shiny leaves on reddish, flexible stems. Bearberry forms dense carpets over the ground. The leaves are evergreen and plants produce dull red berries that ripen in the summer but may last until late fall.



Woolly beach heather

Woolly beach heather (*Hudsonia tomentosa*) - a gray/blue-tinted shrub (that is not a really a heather, but a member of the rockrose family) with numerous small leaves pressed against the stems. Five-petal, yellow flowers appear at the tips of the branches about May to June. This plant is tolerant of being buried by sand.



Northern bayberry

Northern bayberry (*Morella pensylvanica*) - a semi-evergreen to deciduous, multi-stemmed shrub that typically grows to from 1 to 5-foot tall. The leaves are dark green and leathery, from 1.5" to 4" long with shallow teeth at the leaf tip. The leaves are highly aromatic when crushed.



Broom crowberry in flower

Broom crowberry (*Corema conradii*) - a densely-branched evergreen shrub that reaches up to 20 inches in height and is often found in circular, “pillow-like” clumps. It has very small, linear leaves about ¼ inch or less long. The waxy leaves give it a much smoother-textured appearance than beach heather. The flowers are reddish or purplish, and lack petals. The seeds are contained within small, dry fruits that are relatively inconspicuous. Broom crowberry is listed by the state of Massachusetts as a Species of Special Concern.



Racemed milkwort

Racemed milkwort (*Polygala polygama*) - an herb that grows to 12 inches in height with pea-like shaped, pink-rose colored flowers that occur singly on individual stalks. The leaves are narrow and alternate on the stem.



Little bluestem

seeds are fluffy white by the end of the growing season.

Little bluestem (*Schizachyrium scoparium*) - a stiffly-branched grass that grows in bunches or clumps to a height of 4 feet. The leaves are flat, hairless, and turn bluish-green to reddish-brown at maturity. The



Frostweed

Frostweed (*Helianthemum canadense*) - an erect, perennial herb with yellow, 5-parted, flowers (1 to 2 per part) at the top of the stem, blooming in May-June. The leaves are alternate, narrow and tapering at the base and tip.

Early morning moisture driven up from the roots bursts through the stem tissue causing a frosted appearance.

The heathlands of Cape Cod National Seashore offer the visitor a special experience. They are a legacy of human influence in this part of the world. At the same time they are a striking example of how plants and animals can adapt and survive in harsh environments and how natural succession will continue to transform this landscape for many years to come.

A number of rare plant species of Massachusetts can be found in heathland/grassland habitats.

Status: Threatened

Species	Common name
<i>Opuntia humifusa</i>	Prickly pear cactus
<i>Aristida purpurascens</i>	Purple needlegrass

Status: Special Concern

Species	Common name
<i>Helianthemum dumosum</i>	Bushy rockrose
<i>Corema conradii</i>	Broom crowberry
<i>Dichanthelium commonsianum</i>	Common's panic-grass

Status: Watch List

Species	Common name
<i>Angelica lucida</i>	Seaside angelica
<i>Asclepias tuberosa</i>	Butterfly weed
<i>Lupinus perennis</i>	Wild lupine
<i>Spiranthes tuberosa</i>	Little ladies-treeses
<i>Dichanthelium acuminatum</i>	Panic-grass
<i>Paspalum setaceum</i>	Bead-grass
<i>Piptochaetium avenacea</i>	Black oatgrass

Historic Buildings at Cape Cod National Seashore

Captain Penniman House, Eastham

The Penniman House was completed in 1868 in the style of the French Second-Empire period. It included every known comfort of the day and many innovative ideas. Captain Edward Penniman's family and descendants enjoyed this home for nearly 100 years. *Off Route 6, about one mile north of the Orleans rotary, at Fort Hill in Eastham. Seasonal tours and open houses. Limited parking.*



Nauset Light, Eastham

Lighthouses have served as guides to mariners off Cape Cod shores since the late 1700s. Nauset Light, moved in 1996, remains a navigational aid. *Nauset Light Preservation Society volunteers conduct tours Sundays and Wednesdays in July and August from 4:30 to 7:30 PM. Donations accepted. www.nausetlight.org. Take Route 6 to the traffic light at Salt Pond Visitor Center at Nauset Road in Eastham.*

Turn onto Nauset Road and follow signs to Coast Guard and Nauset Light beaches. Park at Nauset Light Beach. (Beach fees may apply.)

The Three Sisters Lighthouses, Eastham

These 19th-century wooden lighthouses that once provided a beacon for sailors off the shore of Nauset Light Beach are now arranged in their original configuration off Cable Road. *Seasonal tours and open houses. Located 1/4 mile west of Nauset Light on Cable Road. (Beach fees may apply.)*



Atwood-Higgins House, Wellfleet

The Atwood-Higgins House is a fine example of a properly-framed Cape Cod cottage that grew from a half-house in the early 1700s to a full-Cape with eight rooms by the 19th century. *Take Route 6. Turn onto Pamet Point Road in Wellfleet, at the Truro town line. Take Pamet Point Road and follow signs to Atwood-Higgins. Seasonal tours and open houses. Limited parking.*

Highland Light and Highland House, Truro

July and August: Lighthouse tours daily: 10 AM to 5:30 PM, \$4 all ages. Children must be 48" tall. 508-487-1121. Highland House Museum hours: Monday to Saturday, 10 AM to 4:30 PM; Sundays 1 to 4:30 PM. \$4 adults, 12 and under free. Lighthouse/Museum combination admission, \$6 per adult. *Activities conducted by Truro Historical Society. www.trurohistorical.org. Take the Cape Cod Light exit off Route 6 onto Highland Road, and follow signs.*



Pamet Cranberry Bog House, Truro

Originally constructed about 1830, the Bog House is located among former cranberry bogs in the Pamet Valley. It was used in cranberry harvesting until the 1960s. Views of the house can be seen from atop Bearberry Hill. *Follow North Pamet Road in Truro, off Route 6, to its end. Limited parking.*

Old Harbor Life-Saving Station, Provincetown

At Old Harbor, the National Park Service interprets the dramatic story of shipwrecks and the role of the U.S. Life-Saving Service in preventing shipwrecks and performing rescues. During the summer months, reenactments of the historical breeches buoy drill are performed weekly. *Take Route 6 to Race Point Road in Provincetown. Park at Race Point Beach. Seasonal open houses. (Beach fees may apply.)*



Enhance Your Park Experience

Visit the bookstores at Cape Cod National Seashore while you're here.

Take a taste of Cape Cod home with you...



logo hats and t-shirts, posters, puzzles, maps and cards...

guidebooks, local cookbooks and Cape Cod classics.



Open year round at Salt Pond Visitor Center and seasonally at Province Lands Visitor Center
Order by phone: 508-255-6860
By mail: Eastern National,
50 Nauset Road, Eastham, MA 02642



Eastern National is a private, non-profit organization that provides quality educational products and services to park visitors. Proceeds are donated directly to Cape Cod National Seashore to support interpretive and educational programs, including the printing of this publication.

Serving Visitors to America's National Parks and other Public Trusts

Local Area Information

Chambers of Commerce:

Cape Cod Chamber of Commerce:

Website: www.capecodchamber.org
Email: info@capecodchamber.org
Phone: 1-888-33-capecod or 508-362-3225

Chatham:

Website: www.chathaminfo.com
Email: chamber@chathaminfo.com
Phone: 1-800-715-5567
Info Booth: 508-945-5199

Orleans:

Website: www.capecod-orleans.com
Email: info@capecod-orleans.com
Phone: 1-800-865-1386
Info Booth: 508-255-1386

Eastham:

Website: www.easthamchamber.com
Email: info@easthamchamber.com
Phone: 508-240-7211
Info Booth: 508-255-3444

Wellfleet:

Website: www.wellfleetchamber.com
Email: info@wellfleetchamber.com
Phone: 508-349-2510

Truro:

Website: www.trurochamberofcommerce.com
Email: info@trurochamberofcommerce.com
Phone: 508-487-1288

Provincetown:

Website: www.ptownchamber.com
Email: info@ptownchamber.com
Phone: 508-487-3424

Outer Cape Bicycle Rentals:

Arnold's, Provincetown 508-487-0844
Gale Force, Provincetown 508-487-4849
General Store, So. Wellfleet 508-349-2335
Idle Times, Eastham 508-255-8281
Idle Times, Wellfleet 508-349-9161
Little Capistrano, Eastham 508-255-6515
Provincetown Bikes 508-487-8735



Whale Watching in Provincetown:

Dolphin Fleet 800-826-9300



Dune Tours in Provincetown:

Art's Dune Tours 508-487-1950

Outer Cape Campgrounds, RV Parks, State Parks:

Atlantic Oaks, Eastham 508-255-1437
Maurice's, So. Wellfleet 508-349-2029
Paine's, So. Wellfleet 508-349-3007
Horton's, No. Truro 508-487-1220
North of Highland, No. Truro 508-487-1191
No. Truro Camping, No. Truro 508-487-1847
Dune's Edge, Provincetown 508-487-9815
Coastal Acres, Provincetown 508-487-1700
Nickerson State Park, Brewster 508-896-3491

Old Harbor Life-Saving Station Campaign

A Project of Friends of the Cape Cod National Seashore



Friends of the Cape Cod National Seashore is raising funds to enhance the visitor experience at Old Harbor Life-Saving Station at Race Point Beach in Provincetown through the acquisition of exhibits and furnishings. The goal is to introduce visitors to Cape Cod's rich maritime history and the exciting chapter represented by Old Harbor Life-Saving Station.

Friends Annual Meeting, Tuesday, July 21, 2009, 6:30 PM, Salt Pond Visitor Center, Eastham

Friends of the Cape Cod National Seashore is a non-profit organization of dedicated individuals who have a very special love and respect for this spectacular national park. The Friends mission is to support the educational, environmental, historical, recreational, and scientific purposes of the Cape Cod National Seashore. Among its many activities are maintaining several public hiking trails, assisting with conservation projects, preserving historic structures, and providing recreational summer programs. Friends also administers special funds that make seashore facilities more accessible to persons with disabilities, provide funding for scientific research projects, and support purchase of materials for seashore archives.

Join our many members who enjoy a special and caring relationship with the Cape Cod National Seashore. Visit us at www.fccns.org

